



movement

News Journal of
Parkinson's Disease and Movement Disorder Society (PDMDS)

Issue 10 | November 2009

Infotainment! World Parkinson's Day 2009

Jyoti Ghanshani, Clinical Psychologist

The World Parkinson's day celebration 2009 organized by the Parkinson's Disease and Movement Disorder Society (PDMDS) and the Indian Medical Association (I.M.A.), Mumbai Branch, on 3rd April, 2009 at the Bombay hospital, Mumbai, marked a rare amalgamation of Information dissemination & Entertainment- Infotainment! The day's celebration was inaugurated with an invocation song by the ever enthusiastic members of the support group followed by the traditional lighting of the lamp.

Dr. Urvashi Shah began the ceremonies by reminding the audience of the undoubted way in which hope and togetherness can

lead us towards fulfillment and greatness in life.

Dr. Singhal welcomed the audience and thanked those who had been instrumental in making the celebration possible and taking the cause of PD care forward. Mr. B. K. Parekh (President- PDMDS) released the 9th issue of the newsletter MOVEMENT. Dr. Maria Barretto



Antakshree with Ms. Durga Jasraj

(Coordinator- PDMDS) then gave a brief and succinct orientation to the audience about the ethos, the objectives and the activities of the PDMDS. The gathering was then addressed by Dr. Pachnekar (President, I.M.A.) and Dr. Utture (I.M.A.) This was followed by a highly informative and enlightening presentation by Dr. P. Wadia, "A

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The contents of *movement* aim to provide the maximum possible facts /information but since some information involves areas of personal judgement, their publication does not mean that the PDMDS necessarily endorses them.

All contributions are welcome.

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From the editor's desk



It is with a sense of satisfaction & great pleasure that I have the privilege of editing this tenth UPDATE of 'MOVEMENT', the News Journal of the Parkinson's Disease and Movement Disorder Society (PDMDS). We understand that Parkinson's Disease is both progressive and multidimensional in its character. With time, as the condition progresses we may find that our symptoms debilitate our everyday living significantly. It may affect our independence in our self care, restrict our mobility, as well as affect our other symptoms. Additionally, we find that it may also affect our emotional well-being, our morale and the way in which we relate to those that care for us.

At such times reaching out to professionals, seeking their advice is important. However, we may experience some restrictions with regards to venturing outside of the comfortable spaces of our home or in some cases, the extent of the physical disability may not allow us to leave our homes, thereby coming in the way of availing such help.

Bearing this in mind, PDMDS has devised an outreach program. This program is intended to address the needs of patients with restricted mobility, in an attempt to improve their quality of life.

Representatives from PDMDS will come to your house and meet you and understand your difficulties; including your physical, psychological, social and emotional needs as well as those of your caregivers. Accordingly attempts will be made to make the appropriate therapy, rehabilitation, counseling or social care services available to you.

For those who are interested in this program, please contact us with your details.



continued from page 1 ...

Therapeutic Update on PD". In his presentation, he spoke on the different treatment modalities for PD care & the newest developments in these areas. Thus began the second half of the program, dedicated to entertainment, music & dance.

Noted singer & television hostess Ms. Durga Jasraj along with her team of musicians organized 'Antakshari'- a musical game, played by four teams. The teams comprised of people with Parkinson's & their caregivers representing the different support groups in Mumbai. The audience too participated in the game whole-

heartedly. At the end of the game the participants were thanked & acknowledged for their



Mr. B. K. Parekh, releasing the Newsletter

performance and effort. Touched by the spirit with which persons with Parkinson's cope with their difficulties, Ms. Jasraj spoke of how enriched she felt for the experience

and hoped to continue the collaboration for the coming years.

This was followed by performances of dance & song recitals organized by Ms. Padmini Haldankar (noted choreographer & dancer) and a team of volunteers. They performed to music that spread the message of hope, undefeated spirit & living life to its glorious hilt.

The program ended on this enthusiastic note with refreshments and an opportunity to interact and mingle, exchange information and most of all catch up with old friends and make new ones.



Congratulations - Dr. Singhal !

Dr. B. S. Singhal was awarded the prestigious Dhanvantari award (2009) on Sunday 25th October, 2009 at the Taj Intercontinental Mumbai.

This award is a supreme emblem in recognition of the contribution made by a medical person to the development of medical science.

The award was presented by Dr. B. K. Goyal, President, Dhanvantari Foundation, and Union Minister for Power, Shri. Sushil Kumar Shinde, in the presence of Shri. Milind Deora, MP, and Shri. Bharat Taparia, Chairman, Bombay Hospital.

The citation read by Dr. S. Khadilkar commended Dr. B. S. Singhal's unending and unremitting contribution to neurology and innate gentleness, humility and professional demeanour.



Left to Right : Shri. Sushil Kumar Shinde, Dr. B. K. Goyal, Dr. B. S. Singhal, Shri. Murli Deora and Shri. Bharat Taparia



Dance/Movement Therapy and PD

Devika Mehta

Dance/movement therapy, a creative art therapy, is rooted in the expressive nature of dance itself. Dance is the most fundamental of the arts, involving a direct expression and experience of oneself through the body. Dance Movement therapy is defined by the American Dance Therapy Association as "the psychotherapeutic use of



Giving Salsa a shot - Borivli Support Group

movement as a process that furthers the emotional, cognitive, social and physical integration of the individual."

Interventions, such as traditional exercises tailored specifically for seniors and/or individuals with PD, have addressed balance and gait difficulties in an attempt to reduce fall rates with mixed,

undocumented results. Argentine tango dancing has recently emerged as a promising non-traditional approach to ameliorating balance and gait problems among elderly individuals. The goal of the study by Hackney, Kantorovich, Earhart (2007) was to determine whether the functional mobility benefits noted in elders following a tango dancing program might also extend to older individuals with PD. They compared the effects of tango to those of traditional exercise on functional mobility in individuals with and without PD.

The results were that all groups showed gains in certain measures, only the Parkinson Tango group improved on all measures of balance, falls and gait. Moreover, upon terminating the program the Parkinson Tango group was more confident about balance than the Parkinson Exercise group. In psychosocial terms, both groups largely enjoyed their experiences because the classes fostered community involvement and became a source of social support for the members. Their results

suggest that Argentine tango is an appropriate, enjoyable, and beneficial activity for the healthy elderly and those with PD and that tango may convey benefits not obtained with a more traditional exercise program.

Results from other similar studies have showed that exercise combined with dance therapy yields better results than when either is administered alone.

An alternative therapy like dance, which gets patients "engaged, moving, socializing, feeling their bodies, gets them out," has tremendous value.



Getting the steps right - Salsa at Dadar Support Group



Speech and Swallowing Difficulties Associated with Parkinson's Disease

Dr. Priya Keni & Dr. Mansi Jani

Around 60-90 percent of individuals with Parkinson's disease experience some difficulty with speaking while 50 percent - experience difficulty with swallowing. The speech changes that occur are due to incoordination or/and reduced activity of muscles that control the speech mechanism. These changes usually come on gradually, and can vary from moderate to severe.

A problem in communicating can become so frustrating that it is tempting to withdraw from conversations with others altogether, but one needs to interact with others on a daily basis no matter how frustrating it becomes. The good news is that there are exercises and tips to dramatically improve the speech problems associated with PD. It is important to identify the signs and symptoms of speech and swallowing problems as early as possible as it maximizes the effects of rehabilitation.

PROBLEMS WITH SPEECH:

The most common speech problems encountered by individuals with Parkinson's disease are:

The individuals complain that their voice is weak too soft and cannot be heard in noise.

Tips:

- ▶ Try to speak as loudly as you can. Pretend that the listener is deaf.
- ▶ Speak only in an environment which is less noisy.

Difficulty changing the pitch of the voice (Speech lacks emotional tone and sounds very monotonous).

Tip:

- ▶ Practicing drills on sentences requiring varied intonations like exclamations, questions.

Difficulty controlling speaking rate (Speed of speaking is too fast).

Tips:

- ▶ Tapping is one of the most common techniques. In this, the patient attempts to speak one syllable for each tap.

Imprecise pronunciations (speech sounds very unclear).

Tips:

- ▶ Express in short concise sentences.
- ▶ Exaggerate the sounds.
- ▶ Lay more stress on the key words.

PROBLEMS WITH SWALLOWING:

Symptoms of swallowing difficulties depend upon the stage affected. Most common problems seen are food or liquid spilling out of the mouth, difficulty chewing food, increase in length of time required to eat a meal and coughing while eating or drinking, or after a meal. In this case, the patient should immediately consult a speech therapist for an individualized swallowing therapy program.

PROBLEMS WITH DROOLING:

The problem is not one of having too much saliva, but rather of not swallowing often enough. This problem can be dealt by consciously swallowing excess saliva. Swallowing can be further stimulated by carrying a bottle of water and taking a sip every few minutes.

Consulting a Speech Therapist will facilitate treatment to focus on improving overall communication and identify and treat the underlying swallowing problem and thus improving the individual's quality of life.



Some Logistics of Medication

Mr.G. S. Kohli, Editor-PDMDS

- DO ask your doctor to explain something again if you do not understand.
- DO report the effects of medication, good or bad, to your doctor. It is useful to make some notes in advance of your appointment so that nothing is over-looked.
- DO keep a diary or chart particularly when starting a new drug or when adjusting your doses. Record the doses and timing of the drugs, the duration of your on and off period or dyskinesias and anything unusual you may experience. This can be extremely helpful for the doctor when tailoring your new drug regime. If you have difficulty writing, ask someone to fill in any information for you, to help with recording your medication and on-off period.
- DO take a forgotten dose as soon as you remember, provided this does not result in taking a double dose. If that should be the case, omit the forgotten dose.
- DO seek advice from your doctor if you have concerns about any aspect of your life which may be affected by Parkinson's medication, such as travelling, physical intimacy etc.
- DO remember that unexpected dizziness maybe a symptom of low blood pressure. If you experience this, you are advised to have your blood pressure checked in both lying and standing positions.
- DO consult your doctor before making changes to your treatment.
- DO take your drugs at regular time intervals as recommended by your doctor. Taking medication on time every time ensures that you get the maximum effectiveness and benefit from the Parkinson's drugs.
- DON'T assume that your treatment, dose or the timing of your medication, should be the same as that of other people with Parkinson's. Should you go into hospital or respite care it is important that the doctors & nurses know your current medication regime and the time of day you take each medication.
- DO keep all of your Parkinson's information together in a folder for this purpose.
- DON'T assume that you will experience serious side effects – most people won't. However, if there is anything of concern, report it to your doctor.
- DON'T suddenly make big changes to your dose. Rapid changes in dose can provoke side effects. Your doctor is likely to suggest that you experiment with timings to find the regime that suits you, while maintaining the daily doses that has been suggested . And certainly, DON'T suddenly stop any of your Parkinson's medications without first consulting your doctor .



Tax Benefits

SECTION 80 DDB DEDUCTION IN RESPECT OF MEDICAL TREATMENT, ETC.

Persons Covered :

Resident Individual/HUF.

Eligible Amount :

Expenditure actually incurred for the medical treatment of such diseases or ailments specified in Rule 11DD (some of the diseases are Parkinson’s disease, malignant cancers, full blown AIDS, chronic renal failure, thalassaemia etc.) for self or dependant relative (spouse, children, parents, brothers and

sisters) in case of individual or any member of HUF in case of HUF..

Relevant Conditions/ Points

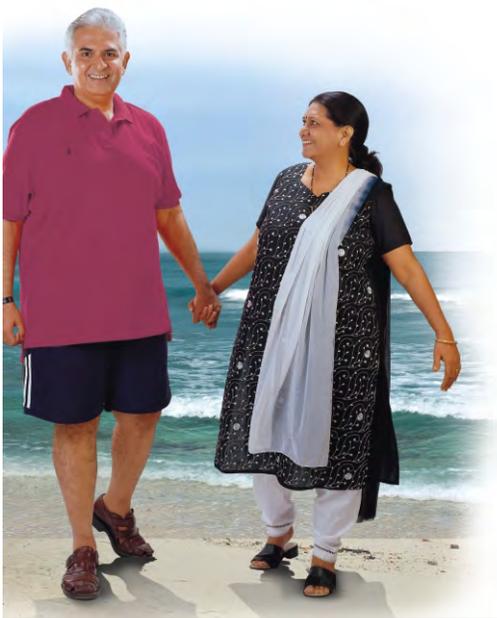
1. The concerned assessee must attach a copy of certificate in the prescribed Form No.10-I by a neurologist, an oncologist, a urologist, a haematologist, an immunologist or such other specialist working in Government Hospital along with return of income.
2. The deduction under this section shall be reduced by the amount received under insurance from an

insurer or reimbursed by an employer, for the medical treatment of the concerned person.

Extent of Deduction 100% of the expenses incurred subject to ceiling of (a) Rs. 60,000/- in the case of expenses incurred for senior citizen (who has attained the age of 65 years or more) and (b) Rs. 40,000/- in other cases.

Forms can be downloaded from our website.

www.parkinsonssocietyindia.com



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Stepping Up

PDMDS has published an illustrative manual 'Stepping Up - How to stay active with Parkinson's Disease'. This simple 'self help' instructional manual on physiotherapy and yoga has been created by photographing exercises and asanas that have been taught

to people with Parkinson's Disease. The simple illustrations can guide you to perform the exercises and asanas correctly.

The manual is priced at Rs. 100 (plus postage Rs.30). We shall be happy to send the manual to anyone who needs it. A cheque for the same should be drawn in favour of 'Parkinson's Disease and Movement Disorder Society' and mailed to Parkinson's Disease & Movement Disorder Society, c/o Dr. B.S. Singhal, Rm. 131, MRC Bldg, New Marine Lines, Mumbai: 400020. For those in Mumbai, the manual can be bought at any of our support group meetings.

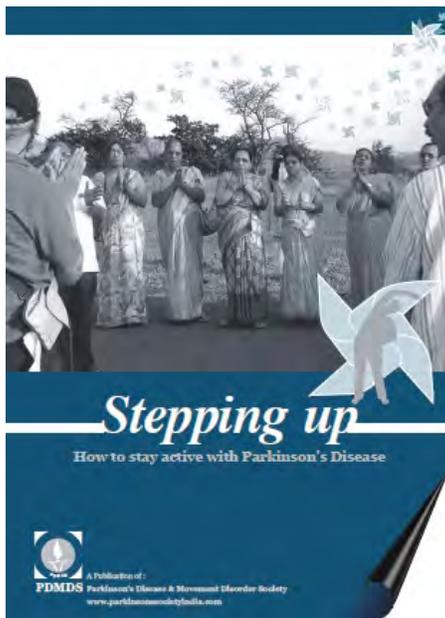
Support groups in Mumbai:
Borivali (W), Saraswati foundation, E-15, Bharat Baug, 1st floor, Behind Vijay Sales, Near Chandorkar Hospital, S.V.Road, Borivali (West) Mumbai 400 092. First Saturday of every month, 10 am.

Dadar (W), Our Lady of Salvation Church, (Formerly known as Portuguese Church) Gokhale Rd South, Mumbai 400 028. Second Saturday of every month 3:30pm

Khar - Santacruz, Wi Wurry, Behind Standard Chartered Bank, Off Linking road (Lane between Standard Chartered and Tommy Hilfiger Showroom). Third Saturday of every month, 4 pm

Marine Lines, Jasvile, 1st Floor, Opp Liberty Cinema, Above Kamats Restaurant, New Marine Lines. Last Saturday of every month, 11 am

For further information regarding the manual Email us at : pdmds.india@gmail.com or Call : Shibani : 9967774944 / Manasi : 9869132942



Stepping Up

Urdhva Hastasana

Stand in Tadasana with the back rested against the wall.

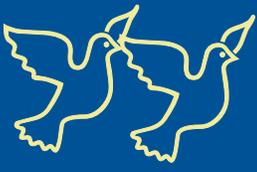
Inhale, extend the arms forward so that the palms face each other. Then raise the arms up.

Turn the arms to rest the back of the palms against the wall.

Straighten the arms by extending the elbows and move the upper arms closer to the ears.

Open the palms and fingers well by extending the tips of the fingers up.

Inside Stepping Up- Instruction and illustration of the asana



How to Live With a Chronic Ailment

Dr. Mrs. Kokila Kapadia , MD (Pediatrics), Ahmedabad

The purpose of writing this article is that I have P.D. from 1991. Fortunately I'm doing well after having it nearly for 18 years. My neurophysician requested me to explain the secret behind this overall good health. I started having loss of associated movement in the right arm way back in 1991. Being a doctor, I knew this could be the beginning of P.D. but was not willing to accept it. After few days I started losing balance. I am a Pediatrician, while examining babies and even with a little kick from the new born baby, I sometimes lost balance. Then I consulted a neurophysician and he said that this might be beginning of P.D.

At about the same time, Vitamin B12 deficiency was also detected in me. On hearing the diagnosis from the neurophysician, I had tears in my eyes and my doctor husband who is a cardiologist told me that we can take second opinion from

his senior neurophysician friend at Mumbai. He confirmed the diagnosis. However he said that this is only a beginning of P.D. and I should not have much problem till I get 90 years of age. This was very comforting to hear. In addition, he gave a very important advice to do some physical exercise regularly. He said that exercise stimulates production of dopamine secretion. He also advised me to keep on giving talks to keep the speech muscles active. I couldn't give speeches but I can sing. So I started singing my favourite bhajans and songs.

In addition I accepted the disease and tried to keep my mind busy with various hobbies; music, reading, gardening, painting and even started taking interest in making various vegetarian low calorie dishes to help my cardiologist husband. I love nature very much. So for holidays I prefer

to go to places of natural beauty with flowing rivers, greenery all round and mountains. Now nearly 19 years have passed since I first got the symptoms of the disease. There were good days and bad days. There were nice people who could understand you and were very sympathetic. There were some who do not know about the disease would say that it is due to past karma or present karmas for which I am suffering. This sort of comments I have to get used to. Educated and good cultured people will console saying that Sitaji had to suffer a lot. What wrong she did? She was very innocent and pure. Ramkrishna Paramhansa who was a saint also had cancer etc. feelings boosts up the healing potential of the body.

Formerly it was believed that nervous tissue does not regenerate. This has been proved in my case that associated movements in the right arm have

come back. And now science has shown that even the dysfunctional nervous tissue becomes functional again. There is a hope, that stem cell therapy may help the cure from such disease. Fortunately even the present medications available for PD strengthened by positive attitude are able to keep this disease in control. Meditation helps to get peace of mind. You have to get used to dependency and take help when needed. I always keep smiling and look happy and that helps me. All drugs have their own side effects.

In sum, I remain well because of positive attitude, strong will power, support of the family members, friends and above all God's Grace.

Special Yoga Session for Patients with Parkinsons Disease (PD)

Light on Yoga Research Trust (LOYRT) and Parkinson Disease and Movement Disorder Society (PDMDS) has been successfully conducting special yoga sessions for patients with PD since 2005 and nearly 150 patients with Parkinson disease have benefited from these.

Here are the dates for the next session.

Dates: November 23 to December 1, 2009 (weekdays only)

Time: 3 pm to 4.30 pm

Venue: Iyengar Yogashraya, Lower Parel

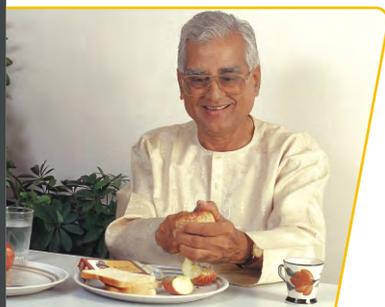
Fees: Rs. 1000 (for the session) + service tax

Contact:

For registration: Rohini at Iyengar Yogashraya on 2494 8416 or iya.mumbai@gmail.com

For information on the programme: Shibani of PDMDS on 9967774944

- Registration on first come first serve basis.
- Please register ASAP to avoid disappointment.
- In case you wish to meet the teachers, prior to the session, then an appointment can be arranged.



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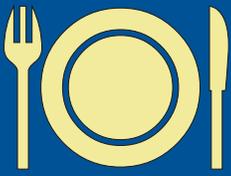
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Parkinson's Disease and Diet

Dr. Charul Arora, Dietician

Eating a well-balanced, nutritious diet is extremely beneficial for Parkinson's patient. With the proper diet, our bodies work more efficiently, we have more energy, and Parkinson's disease medications will work properly.

Taking care of all basic food groups in balance providing - carbohydrate, proteins, fats, vitamins, minerals, is very important.

Medication and Food

Interactions:

The medication levodopa generally works best when taken on an empty stomach, about ½ hour before meals or at least 1 hour after meals. It should be taken with 4-5 oz. of water. This allows the medication to be absorbed in the body more quickly.

For some patients, levodopa may cause nausea when taken on an empty stomach. Nausea is an uneasiness of the stomach that often accompanies the urge to vomit, but doesn't always lead to vomiting. Therefore, your doctor

may prescribe a combination of levodopa and carbidopa. Also avoid fried foods as there is decreased gastric emptying thereby food remains in the stomach for a longer time for its digestion.

Cure Constipation:

- Consume lots of fruits and vegetables. Add vegetables in most of your preparations.



Planning a healthy diet with Dr.Charul at Dadar Support Group

- Try to consume whole grain cereals. Avoid all forms of maida items(bakery items)
- Consume juices and soups (unstrained)
- Drink plenty of water

Options to choose from:

Breakfast/snack items for morning

or evening meals :- like veg. pohe/upma/ veg daliya (lapsi / broken wheat) upma/ idli-dosa-uttapa with 1 medium sized katori of sambhar or green chutney/oats/ veg oats upma/ veg stuff paratha with ½ -1medim sized katori curds/ Indian style veg. fried rice (sauted with vegetables) etc.

Lunch / dinner: chappati / bhakri / thepla / fulka / paratha + plain rice / khichdi / veg pulav / jeera rice
+ 1 medium size katori dal / kadhi / sambar + 1 big katori of vegetable
+ salads / veg raita / buttermilk

Dry snack items:- kurmura (bhels or roasted)/ khakras / popcorn / makahne / dried chapati. Any fruit 1-2 per day (avoid apples if constipation). 1-2 cups of tea is allowed for a day. Restrict non - veg to once to twice a week if facing severe symptoms and also reduce the portion size. Last but not the least Eat a balanced diet synchronized with drug, Regular exercise and a Healthy Lifestyle.



My Tryst with Parkinson's Disease and How am I managing it?

Mr. Kanu (Harshad) Kamdar, kanukamdar@gmail.com

I have had a fairly long, healthy and active life of over seven decades. I have also had my fair share of ill health, overweight, by-pass (sans angina), appendix, enlarged prostate and now Parkinson's. I firmly believe that in order to remain in trim health, it is essential that we observe a strict diet regime, mental health through positive thinking, exercise and of course a change in life-style; discipline and regularity.

As stated earlier, I have had a fair share of health problems, and hence take appropriate and timely measures to prevent any major mishap.

Parkinson is a debilitating disease. Following a regular exercise regime including walking, Yoga, diet and swimming amongst other things have helped me to:-

1. Build up self confidence in my system
2. Understand my body language
3. Manage my PD
4. Stop it's progress or rather see that I return to normalcy.

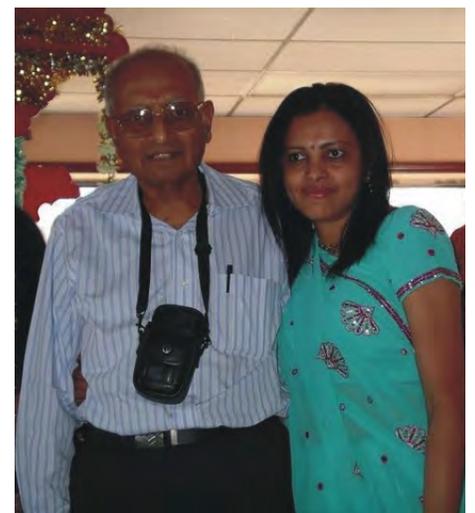
By 2004, I stopped driving and fully changed over to public transport. I

used Mumbai's excellent public rail network and bus system. This entailed keeping my mind alert while crossing roads and also climbing up and down bridges 22 ft high. This helped me to build self confidence that nothing can happen and that I am normal and mentally alert.

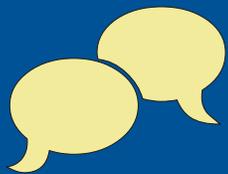
I surf the net regularly and found many positive stories about PD patients. In particular I read an inspiring story of a PD patient partaking in a Marathon as well as how water exercise and swimming helped in maintaining balance. Inspired by this I took part in the 2008 Mumbai Marathon (in the Sr. Citizen section of 6Km)

I did practice yoga and visualization although not very regularly but I am a regular walker since childhood and since mid 2003 a regular swimmer. I swam regularly till June 2006 for nearly 40/50 minutes and averaged 4 times a week. My depression also reduced and began disappearing after practicing positive thinking and learning from friends with long

term diseases such as Cancer, Macular degeneration of vision, Myostemis Gravis, etc. Currently, my handwriting continues to be legible and my signature is accepted by my banker. I continue with positive thinking, yoga, swimming, walking and controlled diet. At one time a remedy for Coronary Artery Disease (CAD) was thought to be impossible. But today with extensive research treatment of the same is no longer a difficult task. From my experience with PD I feel the best treatment begins from having a clear determination and commitment on the part of the health provider and the patient.



With my daughter Parul



My Experience at PDMDS

Joshua Acuna

This summer I was given an opportunity to assist PDMDS in various projects. I am an American student from Tulane University studying epidemiology. I analyzed data that was collected the previous year and wrote an article with the collaboration of other psychologists. I also helped design a pilot study concentrated on support group attendees and non-attendees. During my stay in India, I was able to see the doctors and master-level psychologists come together in one accord for the main focus of improving the quality of care of Parkinson's disease

patients. Furthermore, I noticed that the staff extended their doctor-patients relationship to a more personal relationship. I became fond of the support groups for the pure joy of seeing the excitement in each patient's face as they participated in new activities. To me, these good qualities demonstrate the importance of PDMDS in India. If I could give the society any advice it would be that the patients need the society as much as the society needs the patients. Patients should continue to attend the support group and express any concerns or

suggestions they may have. Vice versa, the society needs to listen to the attendees' request in order to enhance the effectiveness of the program. My experience in India has impacted my life so much that I am considering changing my focus from infectious disease to chronic disease. The memories I have created in Mumbai will be with me forever and the experience I have acquired while volunteering constantly remind me of the reason for choosing epidemiology as my career. Thank you PDMDS for allowing me to be part of a great team this summer.



www.parkinsonssocietyindia.com

We have updated our website, where you will find useful information on all aspects related to Parkinson's disease, its care, other Movement disorders and the work of PDMDS. Some of the topics covered on the website include;

- ◆ What is Parkinson's disease?
- ◆ Treatment of Parkinson's disease
- ◆ Living with Parkinson's disease
- ◆ Yoga & Parkinson's disease
- ◆ Other Movement Disorders
- ◆ Early Onset Parkinson's disease
- ◆ Support Groups for Parkinson's disease
- ◆ Global Perspective on Parkinson's disease
- ◆ Parkinson's disease News
- ◆ Research on Parkinson's disease
- ◆ Resources for the care of Parkinson's disease
- ◆ Common questions on Parkinson's disease

You can also receive regular updates on PDMDS Meetings on the website, Ask your questions to our panel of experts, Share your experiences with others, and Interact with other patients online!



My walk with Parkinson

Ronald Rodrigues

I have made a decision that the glass is going to be half full and that I will make the best of it. It is a conscious effort to do this rather than wallow in self pity.

People with Parkinson's need to create their own care plan. There are people who can assist all along the way but the key is that you stay in charge and use all the consultants and advisors that are at your disposal.

Your history doesn't have to be your destiny. I have lots of wonderful things to look forward to although Parkinson's is part of my life, it is not my life.



Parkinson is known as a silent magician, when people get to a point of having tremors or discomfort they tend to drop out of sight. It is important for Parkinson patients to

be out in public every day and to be ambassadors for our cause. Living with Parkinson's is very similar to that of cycling. We experience many hurdles but we keep going. We receive reports from media that a cure is near yet we are constantly disappointed. I am sure eventually our persistence will be rewarded and that we will raise our arms in victory. I am convinced that my persistence in seeking out help and maintaining a positive attitude has made a powerful difference in my life. I also turn to God for comfort and hope. As an old saying goes "Never give up that's the secret to glory." Don't let Parkinson's get you down.



Certificate of Disability & its Benefits for PD Patients

Certificates of Disability are issued to PD patients, which can provide them with various benefits and concessions in various public service areas. These certificates can be obtained at the 'All India Institute of Physical Medicine & Rehabilitation' at Mahalaxmi, Mumbai.

Certain specified procedures have to be followed such as submission of a few identification documents and application forms; as well as evaluation by therapists before a certificate is issued. Moreover, there are also certain criteria that have to be met, such as amount of disability and income of the

individual for the patient to obtain these benefits.

Following documents are required to obtain an application form:

1. Document which is recognized by the concerned State or Central Government for proof of address,

which has the patients name mentioned on it. These may include: Original of Ration Card issued by the Government of Maharashtra /passport/ voting card/ electricity bill etc and also 1 xerox copy of the same.

2. Five 1" X 2" (passport size) photographs of the patient. Also there is a specific requirement of full profile of the patient.

3. Medical Certificate issued by patients respective physician/ neurologist.

4. Copies of earlier medical reports can be submitted at the time of evaluation.

Enrollment for the certificates is done on OPD days. The services in which benefits & concessions can be obtained include the following:

- a) Railway concessions
- b) Air travel concessions,
- c) Bus travel concessions,
- d) Income Tax reduction benefits,
- e) Loan facilities with reduced rates of interest.

40% disability percentage is required to avail these benefits. Further modifications in terms of amount of disability being a criterion may be exclusive to different benefits.

All of these benefits are subject to specific state government policies, and differ for each of the above mentioned facilities. Additionally eligibility for these benefits rests on the discretion of the concerned schemes and authorities.

ADDRESS:

1. J.J. Hospital, Neurology OPD, Main Bldg, Room 17, Byculla Mumbai Central Mumbai-400008.

Disability certificates are issued on OPD day. Following are the details:
OPD day: Every Wednesday
8:30am-11am

**Please make sure you visit the Main Clerks Office, Main Building, Room 11, ground floor to collect the form before you visit Room 17.*

Telephone: 91-22-23735555
91-22-23754995
91-22-23739400
91-22-23739031

2. All India Institute of Physical Medicine and Rehabilitation, Haji Ali, K. Khadye Marg, Mahalaxmi, Mumbai, Maharashtra, India – 400034

OPD days: Monday, Wednesday, Friday from 9am-11am. Certificates are issued on the same afternoon between 3-4pm.

PLEASE CALL AND CONFIRM AT THIS CENTRE BEFORE VISITING.

Telephone: 91-22-23544341/2

91-22-23515765

91-22-23545358

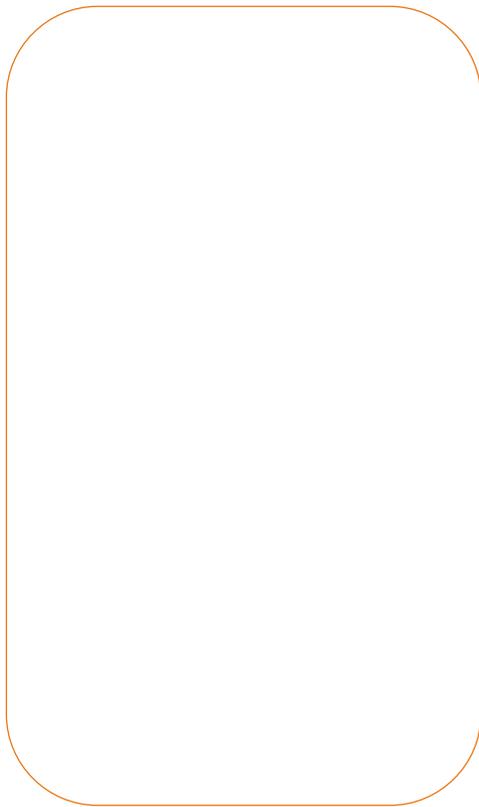
91-22-23540933

EMAIL: aiipmr@vsnl.com ,
bdathani@nic.in ,
aiipmr.msw@nic.in

WEBSITE: www.aiipmr.gov.in

FOR PRIVATE CIRCULATION ONLY

Book-Post



If undelivered, please return to :
THE PARKINSON'S DISEASE & MOVEMENT DISORDER SOCIETY,
 6, Jasville, 1st Floor, Opp. Liberty Cinema,
 Marine Lines, Mumbai – 400020.

A different journey awaits each one, but our destination is the same.

As the PDMDS moves further forward in this journey, our destination has been to reach out to you. For some of us the journey is through bringing you information, for others it is through answering your doubts, for still others it has been through bringing each of you closer to each other.

Similarly, your destination has been to deal with the disease, but the journey through it has been different for each of you. We at PDMDS are extremely keen on knowing what your experiences have been. In a similar vein we would also like to know what you have taken from **movement** – your comments and criticisms; what you would like to see in **movement** – your suggestions and questions. So please write to us.

Besides **movement**, localized support groups, seminars, national and international representation have helped PDMDS move closer towards its goal to “Make the PD World Smaller.” To make it still smaller we invite non-member patients to become a part of our society. Moreover, none of our existing patient-members should have to miss out on being a part of the activities or receiving an update of **movement** because of a change in residence. Therefore keep us informed of any change in address or telephone numbers. We further invite any organizations or support groups associated with PD & movement disorders, anywhere in the world, to get yourselves enrolled in our mailing list, and we request enrollment into your mailing list.

PDMDS’ consistent goal, being a ‘Charity Society’, has been to make the healthcare system accessible, to spread awareness of tried but dormant ways, and discover new ways of making a difference in the lives of patients and caregivers. It goes without saying that funding is required for these purposes, and therefore we request those well-wishers interested in making donations to our efforts and cause, to contact us.

If you wish to correspond with us for any of the above, or require any information regarding the same, the contact details are given as follows:

Address all correspondence to:
THE PARKINSON'S DISEASE & MOVEMENT DISORDER SOCIETY,
 Dr. B. S. Singhal
 Bombay Hospital,
 12 Marine Lines, Mumbai 400 020
 Tel: (91 22) 2206 8787, 2206 4747
 E-mail: pdmds.india@gmail.com